



# SRI THIRUMALA

PHYSIOTHERAPY & PAIN RELIEF CLINIC

SINCE 1998

**69, Arcot Road, Cheyyar – 604407, Thiruvannamalai District,**

**(Opp Government Boys Higher Secondary School)**

**04182 – 222527 Cell: 9843078583, 9566376777**

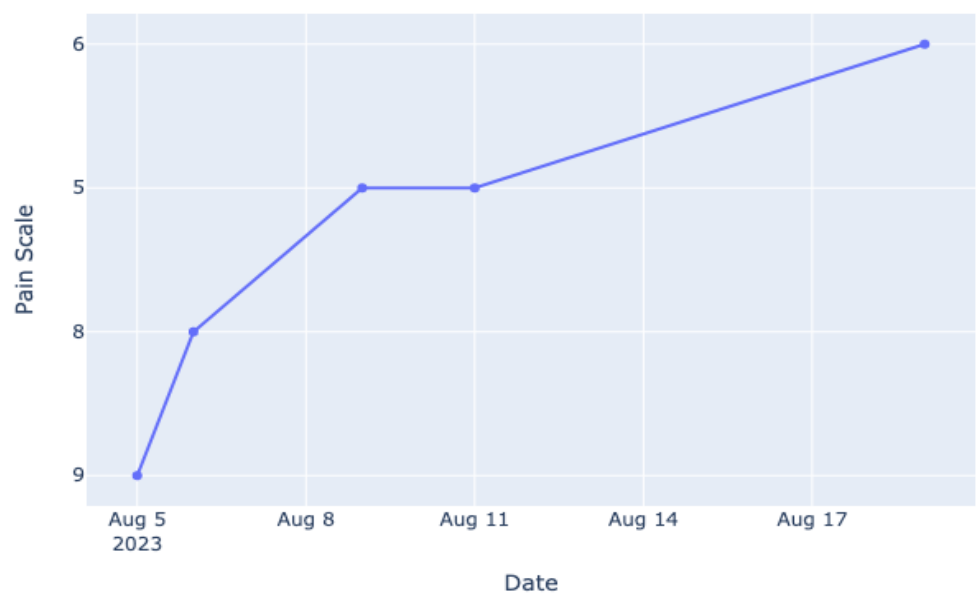
Name	Mathew Jackie Matt
Age	21
Gender	Female
Referred by	Dr. Jack Rose
Chief Complaint	Headache matters a lot
Previous Treatment Taken	No we haven't taken, many therapy
Diagnosis	asdfghjkl
Duration	5
Treatment Given	wefwef
Home Advice	hrhreh
Next Review	2023-08-12

## Exercise Plan:

Sr No	Name of Exercise	Reps	Sets	No of Days	Next Review
1	Side Monster Walk	3	2	0	2023-08-05
2	Single Leg Small Knee Bend With	4	3	0	2023-08-06
3	Chair Support Adductor Strengthening	2	4	0	2023-08-12

**Pain Scale Graph during the Treatment Period:**

Pain Scale Graph



**Daywise Exercise Analysis:**

Date	Pain Scale	Comments
2023-08-05	9	Heavy Pain
2023-08-06	8	Pain is reducing
2023-08-09	5	Heavy Pain
2023-08-11	5	Pain is reducing
2023-08-19	6	Heavy Pain